When You Need Help

24 Hour Crisis Resources
- Addiction/Smoking Helpline: 1-866-332-2322
- Bullying Line: 1-888-456-2323
- Canadian Red Cross Society: 1-888-800-6493
- Calgary Distress Line (long distance): 403-266-4357
- Child Abuse Hotline: 1-800-387-5437
- Child Protection Crisis Line: 1-800-638-0715
- Crisis Centre: 1-800-263-3045
- Distress Line: 1-800-784-2433
- Health Link: 1-866-408-5465
- Kids Help Phone: 1-800-668-6868
- Medicine Hat Women’s Shelter Society: 529-1091
  (Toll-free) 1-800-661-7949
- Men’s Line (long distance): 403-266-4357
- Out is OK Line: 1-877-688-4765
- Parent Helpline: 1-888-603-9100
- Poison Centre: 1-800-332-1414
- Salvation Army Family Support Centre: 526-9699
- Victim Assistance – Medicine Hat: 529-8480
- Victim Services Unit of RCMP – Redcliff: 548-7848

Canadian Mental Health Association
- Community Helper Program: 504-1811
- Family & Friends Support Group
- Financial Administrator Program
- Housing First Program
- Mental Health Education
- Suicide Prevention Program
- Suicide Bereavement Support Group
- Whispers of Wellness Mental Health Club
- Yellow Ribbon Program
- The POST Thrift Store & Donation Pick-Up: 527-0326

Education & Support
- Adult Basic Literacy Education: 529-3828
- AISH: 529-3550
- Alberta Works: 529-3683
- Brain Injury Relearning Services: 528-2661
- Budgeting Workshop: 504-1811
- CORE Association: 527-3302
- Community Response to Abuse & Neglect in the Elderly (CRANE): 529-4798
- Immigrant Legal Education Services: 526-5916
- L.E.A.R.N.: 504-3513
- Medicine Hat Cares Centre: 527-5882
- Next Step Residential Services: 527-4999
- Office of the Public Guardian: 529-3744
- Persons with Developmental Disabilities: 529-3144
- REDI Enterprises: 526-5742
- Fetal Alcohol Spectrum Team
  Support Coordination Services
- Sexual Assault Response Committee: 504-8026
- Victorian Order of Nurses: 529-1222

Alberta Health Services
- Allied Health Program: 529-8851
- Children’s Health and Development Services (CHADS): 529-8966
- Community Health and Pre-hospital Support: 944-5648
- General Inquiries: 528-5633
- Home Care Program: 581-5750
- Living Healthy Program: 529-8969
- Medicine Hat Regional Hospital: 529-8000
- Senior Services Day Hospital: 529-8949
- Sexual Health: 502-8305
- Social Work: 529-8083

Counselling and Support
- Alberta Seniors & Community Supports: 529-3156
- FASD: 526-7473
- Medicine Hat Family Service: 504-8026
- Military Family Resource Centre: 544-5567
- Miywasin Society of Aboriginal Services: 526-0756
- Pregnancy Support Centre: 504-8560
- Sexual Abuse Counselling: 529-3500

Addiction and Mental Health
- Acute Care (5N) MH Reg. Hospital: 529-8825
- Mental Health Community Support Services: 502-8617
- Mental Health Promotion: 529-8030
- Behaviour Assessment Program: 529-8030
- Palliser Adolescent Services (PAS): 529-8903
- Group Works: 529-8030
- Mental Health Community Clinics
  Bow Island: 545-5120
  Brooks/Bassano: 793-6655
  Medicine Hat: 529-3500/529-3582
  Oyen: 664-3651

Remember to Dial 403 When You Need Help

You can look to your community for support

Canadian Mental Health Association
Alberta Southeast Region
Mental health for all

January 2014
When You Need Help

Remember to Dial 403

Other Community Services & Groups

- AJ’s Loan Cupboard.......................... 580-5580
- Alberta Blue Cross............................ 529-5553
- Alzheimer Society AB/NWT.................. 528-2700
- Canadian Cancer Society.................... 528-2125
- Canadian Diabetes Association.............. 528-1259
- Canadian National Institute for the Blind... 527-2211
- Canadian Red Cross Society............... 526-3048
- Canadian Paraplegic Association.......... 504-4001
- Champion’s Centre............................ 504-0342
- Family Law Information Centre............. 529-8715
- Food Bank.................................... 528-4566
- Heart and Stroke Foundation of AB/NWT/Nunavut... 527-0028
- KEAS (Kiwanis Emergency Alert System)... 529-8899
- Legal Aid of Alberta........................ 488-7032
- Medicine Hat Community in Home Detox Program (VON)..... 529-1222
- Medicine Hat Family YMCA............... 527-4426
- Medicine Hat John Howard Society......... 526-5916
- Medicine Hat Community Housing Society Outreach Department.................. 527-4507
- Medicine Hat Legal Guidance.............. 380-6338
- Medicine Hat Women’s Shelter Society Admin........................................ 527-8223
- Emergency Shelter.......................... 529-1091
- Second Stage Housing...................... 580-8206
- Métis Nation of AB Association, Local #6..... 504-4060
- Multiple Sclerosis Society.................. 529-6797
- Parkinson Alberta Society............... 526-5521
- Probation/Community Corrections Services... 488-4547
- St. John Ambulance........................... 528-3292
- Saamis Immigration Services Association... 504-1188
- South Eastern AB Safety Alliance Society... 529-2912
- United Way.................................... 526-5544
- Welcome Wagon................................ 529-2131

Groups and Organizations

- Al-Anon/Alaateen.............................. 527-8252
- Alcoholics Anonymous...................... 527-2065
- Bridges Family Program..................... 526-7473
- Concurrent Disorders Support Group (Addictions & Mental Illness)............. 529-3500/529-3582
- Family & Friends of Adults with FASD........ 526-5742
- Food Addicts in Recovery Anonymous.. 532-0505
- FORWARD Support Group (For past & present drug users). 527-5882
- Gamblers Anonymous....................... 1-888-424-3577
- Hepatitis C Support Group.................. 526-1213
- HIV Support Group.......................... 527-5882
- Men’s Work Aftercare Support............. 526-5916
- Narcotics Anonymous....................... 979-2440
- Phoenix Safe House Woman’s Support Group.................. 527-8223
- Schizophrenia Family Support Group....... 526-8515
- Schizophrenia Society of Alberta........ 526-8515
- Stroke Recovery Group...................... 526-6764/527-0899
- Unsung Heroes (Schizophrenia Support Group)........ 526-8515
- Whispers of Wellness Mental Health Club.. 504-1811

Children & Youth

- Big Brothers & Big Sisters.................. 527-6640
- Bridges Family Program ..................... 526-7473
- Best Babies/Building Blocks/Healthy Start FASD First Step
- Child and Family Services.................. 529-3607
- Inn Between.................................. 526-6367
- McMan Youth Fam. & Comm. Services....... 527-1588
- McMan Parent Link Centre.................. 504-0833
- Medicine Hat Youth Action Society........ 528-8068
- Regional Autism Coordinator.............. 527-3302
- Redcliff Youth Centre....................... 548-2811

Provincial Numbers

- Alberta Health Care Insurance Plan........ 310-0000
- Then Dial.................................. 780-427-1432
- Alberta Mental Health Patient Advocate.... 310-000
- Then Dial.................................. 780-422-1812
- Alberta Seniors Benefits..................... 1-800-642-3853
- Alberta Supports Contact Centre........... 1-877-644-9992
- Alberta Works Income Support/AISH..... 1-866-644-5135
- ALS Society.................................. 1-888-309-1111
- Arthritis Society............................ 1-800-321-1433
- Canada Mortgage & Housing Corp......... 1-877-499-7245
- Canada Pension Plan........................ 1-800-277-9914
- Cerebral Palsy Assoc. of Alberta......... 1-800-363-2807
- Child and Youth Advocate.................. 1-800-661-3446
- Credit Counseling Services................ 1-888-294-0076
- Dial—a-law & Lawyer Ref. Services........ 1-800-332-1091
- Family Violence Line....................... 310-1818
- Kidney Foundation of Canada.............. 1-800-268-117(0)
- Landlord and Tenant......................... 1-877-427-4088
- Lung Association of Alberta................. 1-888-566-5884
- Southern AB Epilepsy Assoc................ 1-866-374-5377(9)

City Services

- Library Home Bound Program.............. 502-8541
- Medicine Hat Police Service.............. 529-8400
- Senior’s Outreach Worker.................. 529-8307
- Special Transit.............................. 529-8214
- Strathcona Centre.......................... 529-8307
- Meals-on-Wheels............................ 525-8885
- Elm Street School Community Worker..... 529-5533
- Med. Hat High School Community Worker.. 529-5544
- Southview School Community Worker...... 526-8046

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